

Blue Valley North JV Invitational
Tuesday April 26, 2012 at 3:30 pm
Teams – Blue Valley North, Shawnee Mission South, Turner, Shawnee Mission East

Entries: Unlimited in the individual events, 1 relay team per team.

Athletes will report to their event and enter with the official.

Times will be available after the race. Coaches should record the heat and place of their athletes.

No make-up date

Restrooms: Restrooms are in the building at the South end of the track

Field Events

Athletes will get 4 jumps or throws

Starting heights will be determined at the event site

Long & triple jumps will be ran cafeteria style for one hour.

3:30 pm

Boy's Shot Put (Followed by the girls)(Northeast corner of track)

Boy's High Jump (Followed by the girls)

Boy's Long Jump (finishes at 4:30)

Girl's Long Jump (finishes at 4:30)

Girl's Pole Vault (Followed by the boys)

Girl's Discus (Followed by the boys) (200m West of track)

Girl's Javelin (Followed by the boys) (200m West of track– soccer field)

4:45 pm

Boy's Triple Jump (will have 15 minutes to warm up after the long jump)

Girl's Triple Jump (will have 15 minutes to warm up after the long jump)

Running Events

Heats: We will heat the races from fast to slow at the starting line.

We will combine the boys & girls 3200m and the 4 x 800m relays.

4:00 pm (All running events will start with the girls and will be followed by the boys)

Girl's and Boy's 4 x 800 m Relay

100m Hurdles (followed by the boy's 110m Hurdles)

100m Dash

1600m Run

4 x 100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

Girl's & Boy's 3200m Run

4 x 400m Relay

Questions – Call or email Rick Attig

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